

What is Claimed is:

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1. A medicinal composition, comprising:  
a pharmaceutical, where said pharmaceutical is an antihistamine; and  
a nutraceutical; and  
a pharmaceutically acceptable base;  
where at least one of the pharmaceutical and the nutraceutical treats at least one ailment or symptom thereof caused by an immune response.
2. A composition according to claim 1, wherein the immune response is an immune response to a virus, a microorganism, or an atmospheric pollutant or allergen.
3. A composition according to claim 2, wherein the anti-histamines are selected from a group consisting of diphenhydramine, pyrilamine, clemastine, bromopheniramine, phenindamine, chlorpheniramine effective salts thereof and combinations thereof.
4. A composition according to claim 2, further comprising a decongestant.
5. A composition according to claim 4, wherein the decongestant is selected from a group consisting of phenylpropanolamine, pseudoephedrine, ephedrine, naphazoline, oxymetazoline, tetrahydrozoline, xylometazoline, propylhexedrine, L-desoxyephedrine, effective salts thereof and combinations thereof.
6. A composition according to claim 2 wherein said nutraceutical is selected from a group consisting of immune boosters, anti-inflammatory nutraceuticals, antioxidants, a liver protectant, and mixtures thereof.
7. A composition according to claim 6, wherein the nutraceutical immune booster is
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selected from a group consisting of zinc and effective salts thereof, at least one herb selected from a group consisting of herbs of the genus *Echinacea*, at least one herb selected from a group consisting of herbs of the genus *Sambucus*, Goldenseal and mixtures thereof.

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- 5 → 8. A composition according to claim 6, wherein the anti-inflammatory nutraceutical is selected from a group consisting of at least one bioflavonoid, at least one herbal extract containing at least one bioflavonoid, curcumin, herbal extracts containing curcumin, stinging nettle and extracts thereof, and bromelain.
- 9. A composition according to claim 6, wherein the nutraceutical anti-oxidant is selected from a group consisting of at least one bioflavonoid, at least one herbal extract containing at least one bioflavonoid, ascorbic acid and pharmaceutically effective salts and derivatives thereof, garlic and extracts thereof, green tea and its extracts, at least one herb selected from a group consisting of herbs from the genus *Astragalus*, and combinations thereof.
10. A composition according to claim 6, wherein the nutraceutical liver protectant is milk thistle.
11. A composition according to claim 2, wherein the nutraceutical comprises an effective amount of an immune booster.
12. A composition according to claim 11, wherein the anti-histamine comprises at least one drug selected from a group consisting of diphenhydramine, pyrilamine, clemastine, bromopheniramine, phenindamine, chlorpheniramine effective salts thereof and
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combinations thereof

13. A composition according to claim 11, wherein the immune booster comprises at least one nutraceutical selected from a group consisting of zinc and effective salts thereof, at least one herb selected from a group consisting of herbs of the genus *Echinacea*, at least one herb selected from a group consisting of herbs of the genus *Sambucus*, Goldenseal, and mixtures thereof.

14. A composition according to claim 11, further comprising at least one additive selected from a group consisting of:

- a) an antioxidant;
- b) an anti-inflammatory nutraceutical;
- c) a decongestant; and
- d) a liver protectant.

15. A composition according to claim 11, further comprising an antioxidant selected from a group consisting of at least one bioflavonoid, at least one herbal extract containing at least one bioflavonoid, ascorbic acid and pharmaceutically effective salts and derivatives thereof, garlic and extracts thereof, green tea and its extracts, at least one herb selected from a group consisting of herbs from the genus *Astragalus*, and combinations thereof.

16. A composition according to claim 11, further comprising an anti-inflammatory nutraceutical selected from a group consisting of at least one bioflavonoid, at least one herbal extract containing at least one bioflavonoid, curcumin, herbal extracts containing curcumin, stinging nettle and extracts thereof, and bromelain.

17. A composition according to claim 11, further comprising at least one decongestant selected from a group consisting of pseudoephedrine, phenylpropanolamine, phenylephrine, ephedrine, and effective salts thereof.
18. A composition according to claim 11, further comprising milk thistle or an extract thereof.
19. A composition according to claim 11, wherein the antihistamine comprises diphenhydramine and the immune booster comprises zinc and effective salts thereof.
20. A composition according to claim 11, wherein the antihistamine comprises diphenhydramine and the immune booster comprises at least one herb selected from a group consisting of herbs of the genus *Echinacea*.
21. A composition according to claim 11, wherein the antihistamine comprises diphenhydramine and the immune booster comprises at least one herb selected from a group consisting of herbs of the genus *Sambucus*.
22. A composition according to claim 11, wherein the antihistamine comprises diphenhydramine and the immune booster comprises goldenseal.
23. A composition according to claim 11, wherein the antihistamine comprises chlorpheniramine and the immune booster comprises zinc and effective salts thereof.
24. A composition according to claim 11, wherein the antihistamine comprises chlorpheniramine and the immune booster comprises at least one herb selected from a group consisting of herbs of the genus *Echinacea*.
25. A composition according to claim 11, wherein the antihistamine comprises

chlorpheniramine and the immune booster comprises at least one herb selected from a group consisting of herbs of the genus *Sambucus*.

26. A composition according to claim 11, wherein the antihistamine comprises chlorpheniramine and the immune booster comprises goldenseal.
- 5 27. A composition according to claim 2, wherein the nutraceutical comprises, an effective amount of an antioxidant.
28. A composition according to claim 27, wherein the anti-histamine comprises at least one drug selected from a group consisting of diphenhydramine, pyrilamine, clemastine, bromopheniramine, phenindamine, chlorpheniramine, effective salts thereof and combinations thereof.
29. A composition according to claim 27, wherein the antioxidant comprises at least nutraceutical selected from a group consisting of at least one bioflavonoid, at least one herbal extract containing at least one bioflavonoid, ascorbic acid and pharmaceutically effective salts and derivatives thereof, garlic and extracts thereof, green tea or its extracts, at least one herb selected from a group consisting of herbs from the genus *Astragalus*, and combinations thereof.
30. A composition according to claim 27, further comprising at least one additive selected from a group consisting of:
- a) an anti-inflammatory nutraceutical;
  - b) a decongestant; and
  - c) a liver protectant.
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- 31. A composition according to claim 27, further comprising an anti-inflammatory nutraceutical selected from a group consisting of at least one bioflavonoid, at least one herbal extract containing at least one bioflavonoid, curcumin, herbal extracts containing curcumin, stinging nettle and extracts thereof, and bromelain.
- 5 32. A composition according to claim 27, further comprising at least one decongestant selected from a group consisting of phenylpropanolamine, pseudoephedrine, ephedrine, naphazoline, oxymetazoline, tetrahydrozoline, xylometazoline, propylhexedrine, L-desoxyephedrine, effective salts thereof and combinations thereof.
33. A composition according to claim 27, further comprising milk thistle or an extract thereof.
34. A composition according to claim 27, wherein the anti-histamine comprises diphenhydramine and the antioxidant comprises at least one bioflavonoid.
35. A composition according to claim 27, wherein the anti-histamine comprises diphenhydramine and the antioxidant comprises at least one herbal extract containing at least one bioflavonoid.
36. A composition according to claim 27, wherein the anti-histamine comprises diphenhydramine and the antioxidant comprises ascorbic acid and pharmaceutically effective salts and derivatives thereof.
37. A composition according to claim 27, wherein the anti-histamine comprises diphenhydramine and the antioxidant comprises garlic and extracts thereof.
- 20 38. A composition according to claim 27, wherein the anti-histamine comprises

diphenhydramine and the antioxidant comprises green tea or its extracts.

39. A composition according to claim 27, wherein the anti-histamine comprises diphenhydramine and the antioxidant comprises at least one herb selected from a group consisting of herbs from the genus *Astragalus*.

- 5 40. A composition according to claim 27, wherein the anti-histamine comprises chlorpheniramine and the antioxidant comprises at least one bioflavonoid.

41. A composition according to claim 27, wherein the anti-histamine comprises chlorpheniramine and the antioxidant comprises at least one herbal extract containing at least one bioflavonoid.

42. A composition according to claim 27, wherein the anti-histamine comprises chlorpheniramine and the antioxidant comprises ascorbic acid and pharmaceutically effective salts and derivatives thereof.

43. A composition according to claim 27, wherein the anti-histamine comprises chlorpheniramine and the antioxidant comprises garlic and extracts thereof.

44. A composition according to claim 27, wherein the anti-histamine comprises chlorpheniramine and the antioxidant comprises green tea or its extracts .

45. A composition according to claim 27, wherein the anti-histamine comprises chlorpheniramine and the antioxidant comprises at least one herb selected from a group consisting of herbs from the genus *Astragalus*.

- 20 46. A composition according to claim 2, wherein the nutraceutical comprises, an effective amount of a liver protectant.

47. A composition according to claim 46, wherein the anti-histamine comprises at least one drug selected from a group consisting of diphenhydramine, pyrilamine, clemastine, bromopheniramine, phenindamine, chlorpheniramine, effective salts thereof, and combinations thereof.
- 5 48. A composition according to claim 46, wherein the liver protectant comprises milk thistle or an extract thereof.
49. A composition according to claim 46, wherein the anti-histamine comprises at least one drug selected from a group consisting of diphenhydramine, pyrilamine, clemastine, bromopheniramine, phenindamine, chlorpheniramine, effective salts thereof, and combinations thereof; and the liver protectant comprises milk thistle or an extract thereof.
50. A composition according to claim 2, wherein the pharmaceutical comprises, an effective amount of an anti-histamine; and the nutraceutical comprises, an effective amount of an anti-inflammatory nutraceutical.
51. A composition according to claim 50, wherein the anti-histamine comprises at least one drug selected from a group consisting of diphenhydramine, pyrilamine, clemastine, bromopheniramine, phenindamine, chlorpheniramine, effective salts thereof, and combinations thereof.
- 52. A composition according to claim 50, wherein the anti-inflammatory nutraceutical is selected from a group consisting of at least one bioflavonoid, at least one herbal extract containing at least one bioflavonoid, curcumin, herbal extracts containing curcumin, stinging nettle and extracts thereof, and bromelain.



53. A composition according to claim 50, wherein the anti-histamine comprises at least one drug selected from a group consisting of diphenhydramine, pyrilamine, clemastine, bromopheniramine, phenindamine, chlorpheniramine, effective salts thereof and combinations thereof; and the anti-inflammatory nutraceutical is selected from a group consisting of at least one bioflavonoid, at least one herbal extract containing at least one bioflavonoid, curcumin, herbal extracts containing curcumin, stinging nettle and extracts thereof, and bromelain.

54. A method of treating a patient suffering from an ailment or symptom thereof caused by an immune response, comprising the step of administering a medicinal composition to the patient, wherein said medicinal composition comprises:

a pharmaceutical, where said pharmaceutical is an antihistamine;

a nutraceutical; and

a pharmaceutically acceptable base;

where at least one of the pharmaceutical and the nutraceutical treats at least one ailment or symptom thereof caused by an immune response.

55. A method according to claim 54, wherein the immune response is an immune response to a virus, a microorganism, or an atmospheric pollutant or allergen.

56. A method according to claim 54, wherein the anti-histamines are selected from a group consisting of diphenhydramine, pyrilamine, clemastine, bromopheniramine, phenindamine, chlorpheniramine effective salts thereof and combinations thereof.

57. A method according to claim 54, wherein the medicinal composition further comprises a

decongestant.

58. A method according to claim 57, wherein the decongestant is selected from a group consisting of phenylpropanolamine, pseudoephedrine, ephedrine, naphazoline, oxymetazoline, tetrahydrozoline, xylometazoline, propylhexedrine, L-desoxyephedrine, effective salts thereof and combinations thereof.

59. A method according to claim 55 wherein said nutraceutical is selected from a group consisting of immune boosters, anti-inflammatory nutraceuticals, antioxidants, a liver protectant, and mixtures thereof.

60. A method according to claim 59, wherein the nutraceutical immune booster is selected from a group consisting of zinc and effective salts thereof, and at least one herb selected from a group consisting of herbs of the genus *Echinacea*, at least one herb selected from a group consisting of herbs of the genus *Sambucus*, Goldenseal and mixtures thereof.

61. A method according to claim 59, wherein the anti-inflammatory nutraceutical is selected from a group consisting of at least one bioflavonoid, at least one herbal extract containing at least one bioflavonoid, curcumin, herbal extracts containing curcumin, stinging nettle and extracts thereof, and bromelain.

62. A method according to claim 59, wherein the nutraceutical anti-oxidant is selected from a group consisting of at least one bioflavonoid, at least one herbal extract containing at least one bioflavonoid, ascorbic acid and pharmaceutically effective salts and derivatives thereof, garlic and extracts thereof, green tea and its extracts, at least one herb selected from a group consisting of herbs from the genus *Astragalus*, and combinations thereof.

63. A method according to claim 59, wherein the nutraceutical liver protectant is milk thistle.
64. A method according to claim 55, wherein the nutraceutical comprises an effective amount of an immune boosting agent.
65. A method according to claim 64, wherein the anti-histamine comprises at least one drug selected from a group consisting of diphenhydramine, pyrilamine, clemastine, bromopheniramine, phenindamine, chlorpheniramine and effective salts thereof.
66. A method according to claim 64, wherein the immune boosting agent comprises at least one nutraceutical selected from a group consisting of zinc and effective salts thereof, at least one herb selected from a group consisting of herbs of the genus *Echinacea*, at least one herb selected from a group consisting of herbs of the genus *Sambucus*, Goldenseal, and mixtures thereof.
67. A method according to claim 64, wherein the medicinal composition further comprises at least one additive selected from a group consisting of:
- a) an antioxidant;
  - b) an anti-inflammatory nutraceutical;
  - c) a decongestant; and
  - d) a liver protectant.
68. A method according to claim 64, wherein the medicinal composition further comprises an antioxidant selected from a group consisting of at least one bioflavonoid, at least one herbal extract containing at least one bioflavonoid, ascorbic acid and pharmaceutically effective salts and derivatives thereof, garlic and extracts thereof, green tea and its

extracts, at least one herb selected from a group consisting of herbs from the genus *Astragalus*, and combinations thereof.

69. A method according to claim 64, wherein the medicinal composition further comprises an anti-inflammatory nutraceutical selected from a group consisting of at least one bioflavonoid, at least one herbal extract containing at least one bioflavonoid, curcumin, herbal extracts containing curcumin, stinging nettle and extracts thereof, and bromelain.
70. A method according to claim 64, wherein the medicinal composition further comprises at least one decongestant selected from a group consisting of phenylpropanolamine, pseudoephedrine, ephedrine, naphazoline, oxymetazoline, tetrahydrozoline, xylometazoline, propylhexedrine, L-desoxyephedrine, effective salts thereof and combinations thereof.
71. A method according to claim 64, wherein the medicinal composition further comprises milk thistle or an extract thereof.
72. A method according to claim 64, wherein the antihistamine comprises diphenhydramine and the immune booster comprises zinc and effective salts thereof.
73. A method according to claim 64, wherein the antihistamine comprises diphenhydramine and the immune booster comprises at least one herb selected from a group consisting of herbs of the genus *Echinacea*.
74. A method according to claim 64, wherein the antihistamine comprises diphenhydramine and the immune booster comprises at least one herb selected from a group consisting of herbs of the genus *Sambucus*.

75. A method according to claim 64, wherein the antihistamine comprises diphenhydramine and the immune booster comprises goldenseal.
76. A method according to claim 64, wherein the antihistamine comprises chlorpheniramine and the immune booster comprises zinc and effective salts thereof
- 5 77. A method according to claim 64, wherein the antihistamine comprises chlorpheniramine and the immune booster comprises at least one herb selected from a group consisting of herbs of the genus *Echinacea*.
78. A method according to claim 64, wherein the antihistamine comprises chlorpheniramine and the immune booster comprises at least one herb selected from a group consisting of herbs of the genus *Sambucus*.
79. A method according to claim 64, wherein the antihistamine comprises chlorpheniramine and the immune booster comprises goldenseal.
80. A method according to claim 55, wherein the nutraceutical comprises, an effective amount of an antioxidant.
81. A method according to claim 80, wherein the anti-histamine comprises at least one drug selected from a group consisting of diphenhydramine, pyrilamine, clemastine, bromopheniramine, phenindamine, chlorpheniramine effective salts thereof, and mixtures thereof.
82. A method according to claim 80, wherein the antioxidant comprises at least nutraceutical selected from a group consisting of at least one bioflavonoid, at least one herbal extract containing at least one bioflavonoid, ascorbic acid and pharmaceutically effective salts

and derivatives thereof, garlic and extracts thereof, green tea or its extracts, at least one herb selected from a group consisting of herbs from the genus *Astragalus*, and combinations thereof.

83. A method according to claim 80, wherein the medicinal composition further comprises at least one additive selected from a group consisting of:

- a) an anti-inflammatory nutraceutical;
- b) a decongestant; and
- c) a liver protectant.

84. A method according to claim 80, wherein the medicinal composition further comprises an anti-inflammatory nutraceutical selected from a group consisting of at least one bioflavonoid, at least one herbal extract containing at least one bioflavonoid, curcumin, herbal extracts containing curcumin, stinging nettle and extracts thereof, and bromelain.

85. A method according to claim 80, wherein the medicinal composition further comprises at least one decongestant selected from a group consisting of phenylpropanolamine, pseudoephedrine, ephedrine, naphazoline, oxymetazoline, tetrahydrozoline, xylometazoline, propylhexedrine, L-desoxyephedrine, effective salts thereof and combinations thereof.

86. A method according to claim 80, wherein the medicinal composition further comprises milk thistle or an extract thereof.

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88. A method according to claim 80, wherein the anti-histamine comprises diphenhydramine and the antioxidant comprises at least one bioflavonoid.

~~88~~. 88 A method according to claim 80, wherein the anti-histamine comprises diphenhydramine and the antioxidant comprises at least one herbal extract containing at least one bioflavonoid.

5 ~~90~~. 89 A method according to claim 80, wherein the anti-histamine comprises diphenhydramine and the antioxidant comprises ascorbic acid and pharmaceutically effective salts and derivatives thereof.

~~91~~. 90 A method according to claim 80, wherein the anti-histamine comprises diphenhydramine and the antioxidant comprises garlic and extracts thereof.

~~92~~. 91 A method according to claim 80, wherein the anti-histamine comprises diphenhydramine and the antioxidant comprises green tea or its extracts.

~~93~~. 92 A method according to claim 80, wherein the anti-histamine comprises diphenhydramine and the antioxidant comprises at least one herb selected from a group consisting of herbs from the genus *Astragalus*.

~~94~~. 93 A method according to claim 80, wherein the anti-histamine comprises chlorpheniramine and the antioxidant comprises at least one bioflavonoid.

~~95~~. 94 A method according to claim 80, wherein the anti-histamine comprises chlorpheniramine and the antioxidant comprises at least one herbal extract containing at least one bioflavonoid.

20 ~~96~~. 95 A method according to claim 80, wherein the anti-histamine comprises chlorpheniramine and the antioxidant comprises ascorbic acid and pharmaceutically effective salts and derivatives thereof.

~~97.96~~ A method according to claim 80, wherein the anti-histamine comprises chlorpheniramine and the antioxidant comprises garlic and extracts thereof.

~~98.97~~ A method according to claim 80, wherein the anti-histamine comprises chlorpheniramine and the antioxidant comprises green tea or its extracts .

5 ~~99.98~~ A method according to claim 80, wherein the anti-histamine comprises chlorpheniramine and the antioxidant comprises at least one herb selected from a group consisting of herbs from the genus *Astragalus*.

~~100.99~~ A method according to claim 55, wherein the nutraceutical comprises, an effective amount of a liver protectant.

~~101.~~  
100 A method according to claim 100, wherein the anti-histamine comprises at least one drug selected from a group consisting of diphenhydramine and effective salts thereof, chlorpheniramine and effective salts thereof, and mixtures thereof.

~~102.~~  
101 A method according to claim 100, wherein the liver protectant comprises milk thistle or an extract thereof.

~~103.~~  
102 A method according to claim 100, wherein the anti-histamine comprises at least one drug selected from a group consisting of diphenhydramine and effective salts thereof, chlorpheniramine and effective salts thereof, and mixtures thereof; and the liver protectant comprises milk thistle or an extract thereof.

~~104.~~  
103 A method according to claim 55, wherein the nutraceutical comprises, an effective amount of an anti-inflammatory nutraceutical.

~~105.~~  
104 A method according to claim 104, wherein the anti-histamine comprises at least one drug



selected from a group consisting of diphenhydramine, pyrilamine, clemastine, bromopheniramine, phenindamine, chlorpheniramine, effective salts thereof, and combinations thereof.

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5 A method according to claim 104, wherein the anti-inflammatory nutraceutical is selected from a group consisting of at least one bioflavonoid, at least one herbal extract containing at least one bioflavonoid, curcumin, herbal extracts containing curcumin, stinging nettle and extracts thereof, and bromelain.

107.  
106 A method according to claim 104, wherein the anti-histamine comprises at least one drug selected from a group consisting of diphenhydramine, pyrilamine, clemastine, bromopheniramine, phenindamine, chlorpheniramine, effective salts thereof, and combinations thereof; and the anti-inflammatory nutraceutical is selected from a group consisting of at least one bioflavonoid, at least one herbal extract containing at least one bioflavonoid, curcumin, herbal extracts containing curcumin, stinging nettle and extracts thereof, and bromelain.

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